

Serenity Birthing – Your Birth and
Beyond, The Way that Resonates With You



Module 15 – Formula Feeding



Formula Feeding – Module content

🌈 How to safely prepare infant formula

🌈 How to feed your baby using the paced feeding technique



Why is hygiene SO important for babies?

- 🌈 Your baby's immune system is not fully developed so it is **VERY** important to have sterile equipment – teats, bottles, lids etc and to sterilise the formula **and** water used in its preparation
- 🌈 Infant formula powder is **NOT** sterile. Boiling water **MUST** be used to kill bacteria that may be present
- 🌈 Formula has no living antibacterial protection like breast milk so it cannot be stored safely once it has been made. It should be made freshly each time



How to make up a feed – Step by step guide...

1. Fill the kettle with at least 1 litre of fresh tap water – do not use previously boiled water or bottled water
2. Boil the water. The water must be 70°C or above to kill pathogens
3. Clean and disinfect the surface you are preparing on
4. Make sure you thoroughly wash your hands



...How to make up a feed – Step by step guide...

5. If using a cold-water steriliser, shake off any excess solution from the bottle and the teat, or rinse with cooled boiled water from the kettle (not tap or bottled water)

6. Stand the bottle on the cleaned, disinfected surface

7. Follow the manufacturer's instructions and pour the amount of water you need into the bottle. Double check that the water level is correct.

Always put the water in the bottle first, while it is still hot, before adding the powdered formula



...How to make up a feed – Step by step guide...

8. Loosely fill the scoop with formula powder (do not pack down), according to the manufacturer's instructions, and level it off using either the flat edge of a clean, dry knife or the leveller provided. Different tins of formula come with different scoops. Make sure you only use the scoop that comes with that formula

9. Holding the edge of the teat so you do not touch the nipple, put it on the bottle. Then screw the retaining ring onto the bottle

10. Cover the teat with the cap and shake the bottle until the powder is dissolved. Begin by shaking the bottle sideways as this helps to prevent powder getting stuck in the teat



...How to make up a feed – Step by step guide

11. It's important to cool the formula so it's not too hot to drink. Do this by holding the bottle (with the lid on) under cold running water
12. Test the temperature of the formula on the inside of your wrist before giving it to your baby. It should be body temperature, which means it should feel warm or cool, but not hot
13. If there is any made-up formula left after a feed, throw it away



Things to remember

- ♥ It is not recommended to use bottled water due to salt content
- ♥ Follow the manufacturers instructions carefully (each may be different)
- ♥ Don't add anything else to the bottles e.g. baby rice
- ♥ Don't heat in microwave oven as can cause hot spots
- ♥ It is not recommended to make up feeds in advance as bacteria begin to grow within a few minutes once the temperature of the milk is below 75°C
- ♥ Check WHO Guidelines and Department of Health for regular updates on guidance



Do NOT save leftover milk from a feed, no matter how tempting it is as bacteria can breed quickly in formula and make your baby very ill



What is paced bottle feeding?

- ♥ A method of bottle feeding your baby that mimics breastfeeding (video links on www.theserenitydoula.co.uk/clients)
- ♥ The feed is 'paced', allowing the baby to control the speed they are swallowing
- ♥ The baby will feed slower and work harder to get the milk, mimicking breastfeeding
- ♥ The baby will recognise when they are full so it may help to prevent over eating habits later in life that have been associated with bottle feeding



The pros vs cons of paced bottle feeding

- ♥ Avoids your baby being over or underfed as they can stop when full more easily
- ♥ It has been shown to be less stressful for your baby
- ♥ It can help to avoid colic symptoms
- ♥ It supports the breastfeeding relationship by mimicking breastfeeding more rather than being an easy/fast paced feed and helping you recognise your baby's feeding movements
- ♥ It may improve health later in life for your baby by reducing obesity risk
- ♥ Paced bottle feeding takes longer than regular bottle feeding



How to Paced Bottle feed your baby

- ♥ Hold your baby in a semi-reclined but more upright position
- ♥ Begin by tickling your baby's lips with the nipple of the bottle
- ♥ Then place the teat into your baby's mouth
- ♥ The bottle should be held horizontally, this slows the flow of milk
- ♥ After 20–30 seconds of feeding, tip the bottle downward or remove it from your baby's mouth, stopping the flow of milk (creating a similar feeding pattern to breastfeeding)
- ♥ Keep watching your baby's jaw and see the sucking and swallowing motions. Watch for natural pauses to tilt the bottle away



Things to remember

- ♥ Remember to keep the bottle horizontal. This allows your baby to control the flow of milk better and not be overwhelmed with the flow
- ♥ The feed should take 15-20 minutes – depending on your baby
- ♥ Let your baby pause when they need/want to
- ♥ Remember to switch sides half way through the feed further mimicking breastfeeding
- ♥ Your baby does not have to 'finish the bottle' - allow them to show you when they are full

